

## Gastric Emptying Study

### Patient Instructions

Your doctor would like you to have a gastric emptying study. The test assists the evaluation of stomach function.

Please report to the nuclear imaging department at Wesley Medical Center on the day of your exam.

If you **cannot attend** your scheduled appointment or have any questions, please call the nuclear imaging department at **(316) 962-2840**.

#### BEFORE THE EXAM

1. Nothing to eat or drink after midnight the day before the exam (at least 6 hours).
2. You may take your medications with sips of water (no coffee or tea).
3. No smoking for 24 hours prior to the exam.
4. Discontinue the following medications 2 days before the exam. Please check with your primary physician before discontinuing any medications.
  - a. Opiates such as Morphine, Percocet, Codeine, and Oxycontin
  - b. Valium, Thorazine, Ativan, and anticholinergics such as Atropine
  - c. Prokinetic drugs such as Reglan, Zelnorm, Motilium, and Erythromycin
  - d. Antispasmodic drugs such as Bentyl, Levsin, Donatal, Robinul
5. **If you are diabetic**, please bring your morning dose of Insulin or hypoglycemic medications the day of the exam. Also bring your glucose monitoring device with you. Your glucose level may be checked before the exam.
  - a. Your morning insulin dose may be altered depending on your morning glucose. You may be asked to take ½ dose of your Insulin morning dose before the meal
  - b. Hold your oral diabetic medications right before exam (you may continue these after the exam)

#### PROCEDURE

The exam consists of ingesting scrambled eggs prepared with a radioactive tracer. It is preferable if you eat this within 10 minutes. A special camera that senses radioactivity is then placed over your abdomen and images are taken of your stomach. You will be asked to stand or lie as still as possible to prevent blurring of the images. The test takes approximately 4 hours to complete. You may continue with your daily activities after the exam is finished. A radiologist will review the images from your exam and a report with the results will be available to your physician.

#### FEMALE PATIENTS

Please inform us if there is any possibility you may be pregnant or if you are currently nursing/breastfeeding.